

Full Report (All Nutrients) 09247, Peaches, dried, sulfured, stewed, without added sugar

Report Date: June 30, 2017 19:33 EDT

Nutrient values and weights are for edible portion.

Food Group : Fruits and Fruit Juices

Carbohydrate Factor: 3.6 Fat Factor: 8.37 Protein Factor:3.36 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 258g
Proximates					
Water	g	78.10	1	--	201.50
Energy	kcal	77	--	--	199
Energy	kJ	322	--	--	831
Protein	g	1.16	--	--	2.99
Total lipid (fat)	g	0.25	--	--	0.65
Ash	g	0.80	--	--	2.06
Carbohydrate, by difference	g	19.69	--	--	50.80
Fiber, total dietary	g	2.7	--	--	7.0
Sugars, total	g	16.99	--	--	43.83
Minerals					
Calcium, Ca	mg	9	--	--	23
Iron, Fe	mg	1.31	--	--	3.38
Magnesium, Mg	mg	13	--	--	34
Phosphorus, P	mg	38	--	--	98
Potassium, K	mg	320	--	--	826
Sodium, Na	mg	2	--	--	5
Zinc, Zn	mg	0.18	--	--	0.46
Copper, Cu	mg	0.117	--	--	0.302
Manganese, Mn	mg	0.098	--	--	0.253
Selenium, Se	µg	0.2	--	--	0.5
Vitamins					
Vitamin C, total ascorbic acid	mg	3.7	3	1.259	9.5

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 258g
Thiamin	mg	0.005	3	0.000	0.013
Riboflavin	mg	0.021	3	0.002	0.054
Niacin	mg	1.519	3	0.038	3.919
Pantothenic acid	mg	0.181	3	0.015	0.467
Vitamin B-6	mg	0.038	3	0.002	0.098
Folate, total	µg	0	3	0.017	0
Folic acid	µg	0	--	--	0
Folate, food	µg	0	3	0.017	0
Folate, DFE	µg	0	--	--	0
Choline, total	mg	4.1	--	--	10.6
Vitamin B-12	µg	0.00	--	--	0.00
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	10	--	--	26
Retinol	µg	0	--	--	0
Carotene, beta	µg	98	--	--	253
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	40	--	--	103
Vitamin A, IU	IU	197	3	7.287	508
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	180	--	--	464
Vitamin E (alpha-tocopherol)	mg	0.06	--	--	0.15
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	µg	5.0	--	--	12.9
Lipids					
Fatty acids, total saturated	g	0.026	--	--	0.067
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 258g
16:0	g	0.023	--	--	0.059
18:0	g	0.003	--	--	0.008
Fatty acids, total monounsaturated	g	0.089	--	--	0.230
16:1 undifferentiated	g	0.002	--	--	0.005
18:1 undifferentiated	g	0.087	--	--	0.224
20:1	g	0.000	--	--	0.000
22:1 undifferentiated	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.118	--	--	0.304
18:2 undifferentiated	g	0.115	--	--	0.297
18:3 undifferentiated	g	0.003	--	--	0.008
18:4	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.001	--	--	0.003
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.000	--	--	0.000
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
Amino Acids					
Tryptophan	g	0.003	--	--	0.008
Threonine	g	0.045	--	--	0.116
Isoleucine	g	0.033	--	--	0.085
Leucine	g	0.065	--	--	0.168
Lysine	g	0.037	--	--	0.095
Methionine	g	0.028	--	--	0.072
Cystine	g	0.009	--	--	0.023
Phenylalanine	g	0.036	--	--	0.093
Tyrosine	g	0.030	--	--	0.077
Valine	g	0.063	--	--	0.163
Arginine	g	0.029	--	--	0.075
Histidine	g	0.021	--	--	0.054
Alanine	g	0.069	--	--	0.178
Aspartic acid	g	0.193	--	--	0.498
Glutamic acid	g	0.176	--	--	0.454
Glycine	g	0.040	--	--	0.103

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 cup 258g
Proline	g	0.049	--	--	0.126
Serine	g	0.053	--	--	0.137
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0